



NEWSLETTER

March 2020

Coronavirus Advice

Be assured that we are constantly taking advice from the government and local council websites. We are remaining open. If you are feeling unwell and you are worried about your symptoms, stay at home and call NHS 111. As you are all aware, the symptoms for the Coronavirus are a cough, a high temperature and shortness of breath. Importantly, ensure that you wash your hands with soap and water. Ensure that you cough into a tissue. Avoid touching your eyes, nose and mouth with unwashed hands. If you have any concerns, contact the Centre Manager.



The Chat Room

Wednesdays 10:00 – 12:00

Sundays 14:00 – 16:00

In an attempt to tackle loneliness in Worthing, The Heene has started a Chat

Room twice a week. If you have friends and family that may be interested, they are very welcome to come along. There will be selection of board games on the tables. We make a charge of £1.00, which includes a cup of tea or coffee. All welcome!

Please Support the Centre and Become a Member

The Heene is a non-profit charity organisation, which provides the community with a safe place to enjoy a varied selection of classes and activities as well as competitive room hire prices. All staff members have been DBS checked and are first aid trained. The council do not run The Heene and all our income is generated by room hire and the occasional grant, which we have to apply for. Our fundraising is generated by putting on annual events, such as the Summer and Christmas Fayres for the community to enjoy. We do encourage everybody using The Heene to support the Centre and become a member of YOUR community centre!

In the Spotlight

Monday Dance 13:00 – 16:30



*Waltz
Tango
Jive
Foxtrot
Rumba
Quickstep
Sequence
Dancing
Cha Cha Cha*

Come along to the weekly Monday

Dance sessions for only £4.00 per session, (which includes a cup of tea or coffee) and an annual membership fee of £10.00. You do not need a dancing partner to attend.

Some of the benefits of dance:-

- Dance keeps both the body and the brain active, vital for people of every age
- Dance offers a way to improve strength and flexibility, which helps keep muscles and joints healthy
- Choosing to start a new hobby can help you meet new people and make friends with people who have similar interests
- Dance helps you learn about your body, improving your posture and balance
- Taking time out in the day to partake in dance or other interests can help reduce stress levels.

Other Heene Groups are Social Bowls, Art, French, Italian, Spanish, Card-making and Bridge.

At the Heart of the community since 1986